

## You **can** recover.

You may not be able to imagine feeling recovered, but you can start the healing process anyway.

You will probably need support for at least some steps. Please reach out for help if you need it.

Here are steps that helped us recover. They can help you and your care providers build a recovery plan that works for you.

### To recover, step by step:

1. Get **follow-up care**.
2. Make a **safety plan**.
3. Build a **support system**.
4. Build a **healthy routine**.
5. Find things that bring you **comfort**.
6. **Be patient** with yourself.

After the first two steps, any order is OK. **Just do what you can, as you can.**



Alaska Division of Behavioral Health  
[www.hss.state.ak.us/dbh](http://www.hss.state.ak.us/dbh)

2014

Many thanks to NAMI in Alaska members  
and NAMI, [www.nami.org](http://www.nami.org).



## Recovering from self-harm or a suicide attempt

Need help now?  
Call Careline  
877-266 HELP (4357)

## You're not alone.

If you have hurt yourself or tried to end your life, you may feel

- exhausted
- embarrassed and ashamed
- alone, scared, and overwhelmed

These and more are all natural feelings.

There are support groups and other care resources for those of us who struggle, and they help.

## We've been there.

This booklet was written by people who have been in your shoes. We understand what it's like to be in pain and not feel hope.

## We got help.

Please reach out for help too.

# Step by step recovery

## 1) Plan your follow-up care:

- Make an appointment with a therapist as soon as possible. Note the therapist's contact information. (If it's hard to get an appointment, see the Frontline Remote Access Clinic information at right.)
- Get details about your treatment. Write down medications you were given, and what you need to do now, like fill a prescription. If you need medication, can you afford it? If not, tell your prescriber or pharmacist. Ask, is there a generic version? If you still need payment help, you can call 211 and ask about the United Way's Prescription Assistance Card. Partners for Prescription Assistance, [www.pparx.org](http://www.pparx.org), is another resource.
- List places you can call or go to for help, like *Careline*, 877-266-4357 (*HELP*).

Be sure that you understand your plan, and are comfortable that it will work for you. If not, please say so to someone involved in your treatment and care.

## 2) Make a safety plan with your care professional to cope with thoughts of hurting yourself. Include:

- List things that trigger negative feelings and thoughts of harm. Plan how you will interrupt negative self-talk. You could repeat kind, positive words, or do something physical to shift your attention: do a puzzle, take a walk, take deep, calming breaths or sing to yourself.
- Write what you will do if you have thoughts of harm. For example, "I will call my doctor, or Careline."
- Plan to cope with hard times that you know are coming. You might ask someone to be with you on a painful anniversary, for example.
- Remove ways to hurt yourself, including guns and medicines, until you feel better.
- List contact information for your care provider and a trusted friend, family member or other ally.

Keep a written copy of your plan handy. If you are too upset to speak clearly when you need help, you can point to a phone number or action on it to ask for help.

## 3) Build a support system for your recovery.

Choose at least one person whom you trust enough to tell if you have thoughts of self-harm or suicide, and ask that person to be your ally. This could be a friend or a family member, for example, or a neighbor, coach, school counselor, someone in your faith community, or Careline.

## 4) Build a healthy routine.

Eat well, exercise, attend a support group, and sleep enough, at the same time each day, as best you can. This goes a long way towards creating positive feelings. A healthy body promotes a healthy mind and emotions. You don't need to feel healthy to build healthy habits.

## 5) Find things that bring you comfort.

Go to support groups, start a hobby, volunteer, watch a good movie, eat a pleasant meal, get a pet.

These are all possibilities. Variety is good. You can start with one, and add more as you are ready.

## 6) Have patience. Recovery looks different for everyone, and will take time. You can learn to survive and even thrive, despite the way you feel at times. Recovery is possible.

# Help, if you need it

## Someone to talk to:

**Careline** is Alaska's statewide suicide prevention and emotional support line.

It is free and confidential.

Call anytime if you're in crisis or just need to talk: 877-266-4357 (*HELP*) or text 4help to 839863, 3-11 p.m. Tuesday-Saturday.

Visit [www.carelinealaska.com](http://www.carelinealaska.com) for more resources and information.

## Support from people who've been there:

[lifelineforattemptsurvivors.org](http://lifelineforattemptsurvivors.org). Survivor stories, tried-and-true self-care tips, how to write a safety plan, 100 ways to get through the next five minutes, videos, and more to help you survive and thrive.

## Mental illness information and support:

**NAMI** is a national organization for people living with mental illness, and for their families. NAMI in Alaska offers local referrals, support groups, and more. Find your closest chapter at [www.nami.org](http://www.nami.org) or call, 272-0227 in Anchorage, or 844-907-1959 toll-free statewide. The site also has information on mental illness.

## A therapy appointment:

If you have a hard time getting an appointment for therapy, try the State of Alaska **Frontline Remote Access Behavioral Health Clinic**.

It offers videoconference appointments in remote villages and in larger towns with a waitlist for mental health care. Your health care provider can call 269-7481 to make an appointment for you.

Details: [tinyurl.com/api-frontline](http://tinyurl.com/api-frontline)

## Help in other languages:

Befrienders Worldwide, [befrienders.org](http://befrienders.org), offers support and information on suicide in many languages.